



Rethink. Recover. Renew.

8TH ANNUAL CHIQUES CHALLENGE

Saturday, August 11, 2018

Pre-Registration Required!

RUN 4+ miles on the Northwest Trail and through Marietta, then board a KAYAK to paddle downriver to finish in Columbia!



Proceeds benefit the Susquehanna Valley Chamber of Commerce & Visitors Center
Event Assistance provided by **Shank's Mare Outfitters** and by **Chiques Rock Outfitters**
Timing Services by **Pretzel City Sports**
Course Sponsor **Lancaster County Department of Parks and Recreation**

Chiques Rock Outfitters
Columbia, PA 717-475-6196
chiquesrockoutfitters.com
Canoe, Kayak Rentals & Shuttle

INDIVIDUAL ENTRY FORM

Registration: This year's event is limited to **150** entries. A team of two counts as one entry. Registrants need to provide their own kayak or contact either Chiques Rock Outfitters (Columbia River Park, Walnut Street, Columbia, PA 7512 or (717) 475-6196) or Shank's Mare Outfitters (2092 Long Level Road, Wrightsville, PA 17368 or (717) 252-1616) to make arrangements for kayak rental. The number of kayaks available for rental may be limited. **Participants must be 16 years and older.**

Course Overview: Pre-registered participants meet at Columbia River Park (along 441 S. at Front & Walnut Streets) at **7:30 am**. Transportation by shuttle bus, which leaves promptly at **8:00 am**, is provided to the starting point at Vinegar Ferry Rd. north of Marietta. **Start time is 8:30 am**. The first leg of the course includes an *approximate* 4 mile run on the hard-paved Northwest Trail in East Donegal Township. Runners proceed onto Front Street in Marietta heading to Marietta River Park. A more detailed map of the course will be posted on our website closer to the event date. After boarding kayaks at Marietta's River Park, the runners-turned-kayakers complete the water leg of the Challenge following a marked course downriver, finishing at Columbia River Park. The event ends with a brief medal presentation post-event at *approximately* 10:30 (What, you wanted exact times?)

Timing and Awards: Split timing for the running and kayaking legs will be provided by Pretzel City Sports. Results will be posted within 48 hours at www.PretzelCitySports.com. **Although this event is for FUN**, there will be awards. For individual entrants, the first place male & female overall finishers (40 and under) and the first place male & female masters (over 40) will receive \$50 and trophies. Team entrants will receive \$75 and trophies for the first place finish in two categories: teams with an average age *40 and under* and teams with an average age *over 40*. Medals will be awarded to the top male & top female runners and to the top male & top female kayakers. In addition, medals will be awarded for the 1st and 2nd place male and the 1st and 2nd place female in 6 age brackets: 20 and under; 21-30; 31-40; 41-50; 51-60; and over 60. Three cash drawings using bib numbers will be drawn randomly post race in the amounts of \$50, \$25 and \$25. Kayaks may vary in size and style—**no one is to whine about the kayak their competitors are using!** No canoes.

Entry Fee: \$40

What You Get: Great **FUN!** ... **bragging rights** ... and one **t-shirt** per registered Runaker (yes, "Runaker" - a cross between Runner and Kayaker.)

Once we process your registration, bib numbers will be posted on our website and updated weekly. Check this information to verify gender and age. Call us to correct inaccuracies. **Confirmation cards will not be mailed.** Knowing your bib number is helpful but not required.

This is a **FUN** event! Even though it is timed and you may feel competitive, our main focus here is to have some **fun** along and in the River!

Our partners in this event, Shank's Mare Outfitters and Chiques Rock Outfitters, provide guides on the river to offer assistance if needed. **For all questions related to kayak rentals or water course, contact CHIQUES ROCK OUTFITTERS at 717-475-6196.**

- Watch our website for your bib number. The morning of the race, drop off your kayak and water supplies in Marietta River Park, where our volunteers will label your kayak. Knowing your bib number is helpful but not required. (If you are renting, our volunteers will label your kayak when it is dropped off.) Drop off begins at 6:30 am. Please refer to our website www.PaRivertowns.com for driving directions. After you drop off your kayak, head to the Columbia River Park to pick up your official event bib and board the shuttle.
- **Please note that the Marietta Boat Ramp is regulated by the PA Fish & Boat Commission. Unpowered boats are required to have a launch permit or to be registered. Visit www.fishandboat.com for more details or to purchase the necessary permitting for your kayak.**
- The shuttle bus will leave from Columbia River Park promptly at 8 am. We will not transport late arrivals.
- The Marietta River Park will be the location of a midpoint water station and a porta-toilet for this year's event. Refreshments and porta-toilets will also be available at the end of the journey.
- For directions to the starting area at Columbia River Park, please refer to our website, www.PaRivertowns.com. We will also post a GPS address to use for these locations.

REGISTRATION ENDS on Friday, July 27, or earlier if the 150 participant limit is reached.



REGISTRATION: LCSWMA Chiques Challenge Complete this portion. Detach and mail. Include registration fee before July 27.

Name _____ Day Time Phone _____

Address _____ City _____ State _____ Zip _____

E-mail address _____ Age (on Race Day) _____ Gender(M/F): _____

PAYMENT: \$40 per person (Cash, money order, or check **made payable to SVCC**)

- OR - Credit Card: Visa, MC, DISC Number _____ - _____ - _____ - _____ Exp. _____ CVC _____

T-shirt
ADULT Unisex Sizes
(circle one)
S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to The Susquehanna Valley Chamber of Commerce and Visitors Center, Shank's Mare Outfitters, Chiques Rock Outfitters, the Boroughs of Columbia and Marietta, the Townships of East Donegal and West Hempfield and those in their employ, the County of Lancaster, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with participating in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature _____ Date _____

(Parent or guardian's signature if under 18 years of age.)

You must take responsibility for your own safety and decisions affecting your safety.

ALL participants are REQUIRED to wear a life vest at all times during the kayaking leg and to be equipped with a whistle.

Mail to: SVCC 445 Linden St. PO Box 510, Columbia, PA 17512 (717) 684-5249 event2@visitsusquehannavalley.com